

Brown Rice Tabbouleh

Prep time: 30 minutes

Makes: 6 Servings

Try this refreshing Mediterranean inspired dish with tomatoes and cucumbers and seasoned with mint and parsley. Ready in less than 30 minutes or make the night before for a bolder taste.

Ingredients

3 cups cooked brown rice
3/4 cup chopped cucumber
3/4 cup chopped tomato
1/2 cup chopped fresh parsley
1/4 cup chopped fresh mint leaves
1/4 cup sliced green onions
1/4 cup lemon juice
1/2 teaspoon salt
1/4 teaspoon freshly ground black pepper

Directions

1. Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl.
2. Toss well and chill.

Notes

Chef's Notes:



Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	200	
Total Fat	10 g	15%
Protein	3 g	
Carbohydrates	26 g	9%
Dietary Fiber	2 g	8%
Saturated Fat	1.5 g	8%
Sodium	200 mg	8%

MyPlate Food Groups

Vegetables	1/4 cup
Grains	1 1/2 ounces

Use leftover brown rice from a meal cooked earlier in the week. Or, make a big batch on the weekend to use in this dish and for other easy weeknight meals.

For best taste, refrigerate for at least 1 hour to allow flavors to blend.

Serve over fish or lean meats, with hummus and pita, or as a stuffing inside fresh tomatoes.

Materials: Large bowl, Measuring cups, Measuring spoons, Mixing spoon, Sharp knife.

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